



"SOW WHEN" chart to be used as a guide only & may vary depending on your local area. ✓ Ideal growing time

- ✓ Ideal growing time
- E Extended growing time given right conditions.
- *** Sow indoors ready to transplant after last frost.

VEGETABLES

AMARANTH
ARTICHOKE ***
ASPARAGUS
BEAN, BUSH ***
BEAN, CLIMBING ***
BEETROOT
BROAD BEAN
BROCCOLI
BRUSSEL SPROUTS
BURDOCK
CABBAGE
CAPSICUM ***
CARROT
CAULIFLOWER
CELERIAC
CELERY
CHICORY
CHINESE VEGETABLES
 Bok Choy
 Chinese Kale
 Choy Sum
 Hon Tsai Tai
 Hong Kong Broccoli
 Pak Choi
 Shanghai Paak Tsoi
 Tall Paak Tsoi
 Tatsoi
CHILLI ***
CORN, SWEET ***
COLLARDS
CUCUMBER ***
EGGPLANT ***
ENDIVE
FENNEL
GOURD ***
HONEYDEW ***
KALE
KOHL RABI
LEEK
LETTUCE
 Crisphead
 Looseleaf
 Butterhead
 Cos
LUFFA

[illegible]

	COOL												WARM												TROPICAL												
	J	F	M	A	M	J	J	A	S	O	N	D	J	F	M	A	M	J	J	A	S	O	N	D	J	F	M	A	M	J	J	A	S	O	N	D	
MUSTARD	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
OKRA ***											✓	✓	✓													✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
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PAK CHOI	see "Chinese Vegetables"																																				
PARSNIP	✓	✓								✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			E	✓	✓	✓	✓	✓	E				
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Edible Chrysanthemum									✓	✓	✓	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Marshmallow	✓	✓	✓	✓							✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Mesclun	✓	✓	✓	✓							✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Mibuna	✓	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Miner's Lettuce	✓	✓	✓	✓							✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
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Mountain Spinach	✓	✓	✓	✓	✓						✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Mustard Spinach	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Nasturtium	✓	✓	✓	✓						✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Purslane	✓	✓	✓	✓	✓						✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Rocket	✓	✓	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Sorrel - French	✓	✓	✓	✓						✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
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